Lafayette Lifestyles

A Treasure Chest of Activities for 55 Plus

FALL 2003

The Lafayette Senior Recreation Center and The City of Lafayette Senior Services Center have joined together to offer a variety of Recreation Activities. We hope you enjoy Lafayette Lifestyles!

Join Us For:
Travel, Trips & Tours, Classes, Holiday Events, Health Awareness, Movies, Workshops, Social Events

Travel

Imagine..."Spirit of Aloha"

Jan 19 – Feb 2, 2004

A 14-night cruise to HAWAII aboard the elegant M/ts. "Olympia Explorer" visiting Maui, Hawaii, Oahu

Round trip departs San Francisco, includes bus pick-up! Fares from $1,785–$4,685 per person, double occupancy, dependent on deck level and stateroom location.

For information & itinerary, call Yvonne at 284-5050.

Hawaii Calls . . .

In time for our cruise to Hawaii on Jan. 19, we offer the expertise of Melina Carion, certified Hawaiian Dance Instructor who will teach the various forms of dance of the Hawaiian and neighboring islands. (Not necessary to be on our cruise).

Mondays: Sept. 8, 15, 22, 29 • 1:00–2:00 pm
Alder/Elderberry Room • FREE

To register, please call Yvonne at 284-5050

Smart Travel in Europe

Have you dreamed about seeing the lights of Paris, the canals of Venice or London's Piccadilly Circus? Make the dream come true. You will learn about Packing Smart, the 10 Biggest Mistakes to Avoid, Savvy Travel Tips and more.

Tuesday: Oct. 28 • 6:30–9:30 pm
Res: $20; Non-Res: $25 • Elderberry Room

To register, please call 284-2232

Great, Fun Outings with Dottie Baker...

Reno Hilton

Oct. 28 & 29, 2003 ❖ $85/person

Reno overnight stay at the Reno Hilton with Dinner and Breakfast. A stop at John Ascuaga's Nugget Casino in Sparks & Downtown Reno before our return trip home.

River Rock Casino

Monthly ❖ $20/person with $20 Bonus!

Apple Hill Walk & Tour

❖ Day Trip (Nov. Date: TBA) ❖

Lots of gifts & goodies to buy for the Holidays.

Make Reservations & Deposit as soon as possible.
For info and/or reservations, call Dottie at **254-3271**.

Special Events

8th Annual

Art & Wine Fest

Sept. 20 & 21 ❖ Downtown Lafayette

Arts & Crafts Booths, Food, Wine, Micro-brewed Beer & Live Music.

Call the Chamber at 925-284-7404 for more information.

Lafayette Juniors Presents:

10th Annual Rummage Sale

Sunday, Oct. 19 ❖ 7:00 am – 3:00 pm

Veterans Memorial Building, 3491 Mt. Diablo Blvd.

Proceeds benefit programs that serve local children and families.

For more information, call 925-899-5378

Lafayette Parks & Recreation Dept. Presents:

Winter Festival & Boutique

Sat & Sun: Dec. 6 & 7

10:00 am – 4:00 pm ❖ FREE Admission

Lafayette Community Center

Senior Services Commission Meetings are open to the public and take place at the Lafayette Community Center

10:00 am • Alder Room.

Next meetings: 9/24, 11/19, 1/28

Lafayette Senior Services Center

Classes

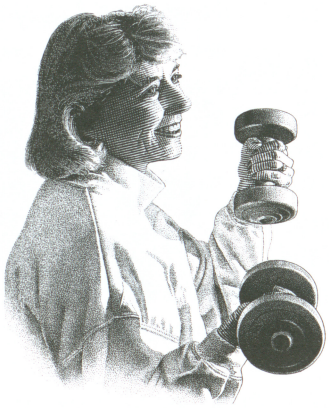
To register, stop by the Lafayette Community Center / Senior Services Center or, phone in your VISA or MasterCard, **284-2232. NOTE: Some classes began in Sept. call for more information. Lafayette Comm. Ctr. Office Hours: Monday – Friday, 9 am – 5 pm. Closed: 10/13, 11/11, 11/27-28, 12/24-25, 1/1/04**

EXERCISE

▶ HEART SHAPERS

A low impact exercise program for men and women over 55. Enhance flexibility, strength, endurance and coordination.

Mon & Wed: 9/15 – 12/17
9:00 – 10:00 am • $81*
Manzanita Room, Laf Comm Ctr



▶ MUSCLE SHAPERS

Muscle toning with light weights for men and women over 55. Bring a mat and 2 pairs of hand weights. Men: 5 & 8 lb. sets. Women: 3 & 5 lb sets.

Mon & Wed: 9/15 – 12/17
10:15 – 11:15 am • $81*
Manzanita Room, Laf Comm Ctr

DANCE

▶ COUNTRY WESTERN LINE DANCING

A great form of aerobic exercise! Both Beginners and Intermediate are welcome. No partner required.

Thursdays • Ongoing
10:30 am – Noon • $4/class
Live Oak Room, Laf Comm Ctr

▶ BALLROOM DANCE

Social ballroom dance for beginners. Choice of dances include swing, chacha, rumba, waltz, samba, foxtrot and tango.

Thurs: 9/18 – 11/6
7:15 – 8:15 pm • $120*
Toyon Room, Laf Comm Ctr

LEISURE

▶ RUSTY BRIDGE

Update your bidding skills, improve communication with your partners: ½ hour lecture; 1½ hours supervised play.

Thurs: 9/25 – 11/13
2:00 – 4:00 pm • $80* + $5 book
Sequoia Room, Laf Comm Ctr

▶ CREATIVE WRITING

This class focuses on strategies and techniques that improve vividness, vibrancy, and immediacy through exercises, discussion, movie clips and author interviews.

Thurs: 9/18 – 11/6
7:00 – 9:30 pm • $85*
Elderberry Room, Laf Comm Ctr

EMERITUS COLLEGE is offering great, one-day classes. **To register call 925-676-8796.**

▶ GREAT MUSEUMS OF NEW YORK CITY

We'll explore the Metropolitan Museum, Guggenheim, Whitney Museum of American Art, Museum of Modern Art and the Frick Collection. We'll also discuss the social and cultural history of New York City.

Mon: 9/22 • 10:00 am–Noon
Elderberry Room, Laf Comm Ctr
One Class: $12 ($10 EC Members)

▶ PREPARE & ENJOY HIGH TEA

Treat yourself and a friend to a traditional English tea. Sign up for a lesson on how to prepare high tea, and then enjoy a taste of everything prepared.

Mon: 10/20 • 10:00 am–Noon
Elderberry Room, Laf Comm Ctr
One Class: $16 ($14 EC Members)

**Non Lafayette Residents add $5.*

ART

▶ DRAWING MADE EASY

Beginner to intermediate, this class will show you techniques and "Tricks of the Trade" guaranteed to enhance your confidence and abilities in drawing.

Session 1: Wed, 9/17 – 10/22
Session 2: Wed, 10/29 – 12/17
9:00 am – Noon
Seniors: $25; Under 55: $40
Manzanita Room, Laf Comm Ctr

▶ COLORED PENCIL TECHNIQUE

Learn to render realistic textures and obtain deep, rich colors with colored pencils. Also covered: drawing, perspective and color theory. Beg & Intermed.

Wed: 9/17 – 10/22
1:00 – 3:30 pm
Seniors: $25; Under 55: $40
Elderberry Room, Laf Comm Ctr

▶ OIL PAINTING

Expand your creativity and art education while having fun. Learn to create strong design and attain accurate color, values and representation through demonstrations and individual instruction.

For intermed. and adv. students only.

Tues: • 9/16 – 12/16
9:00 – 11:30 am • $143*
Arts & Crafts Room, Laf Comm Ctr

▶ WATER MIXABLE OIL PAINTING

The best of both acrylics and oil paints! Paints work like oils, are non-toxic and cleanup with water. Topics include: color theory, basic drawing, composition, perspective. **Beginners welcome.**

Session 1: Thurs, 9/18 – 10/23
Session 2: Thurs, 10/30 – 12/11
2:00 – 5:00 pm
Seniors: $25; Under 55: $40
$25 Supply Fee
Arts & Crafts Room, Laf Comm Ctr

Movies & Social Events

Lafayette Senior Services Center
Alder Room • 500 St. Mary's Rd.
Showtime: 1:00 pm • FREE

First THURSDAY Monthly

10/2 THE GENERAL'S DAUGHTER
John Travolta, James Cromwell, Timothy Hutton, James Woods

11/6 THE WEDDING DRESS
Wonderful cast of actors

12/4 WHILE YOU WERE SLEEPING
Sandra Bullock

Third FRIDAY Monthly

9/12 SCENT OF A WOMAN
Al Pacino, Chris O'Donnell

10/17 AFRICAN QUEEN
Katherine Hepburn, Humphrey Bogart

11/21 THE LONG HOT SUMMER
Paul Newman, Joanne Woodward, Tony Franciosa, Angela Lansbury, Orson Welles

12/19 BORROWED HEARTS
Roma Downey

Movies subject to change without notice.
Light Refreshments Served
Please call 284-5050 to reserve seating.

▶ TEA DANCING

For those 50+, join us for a splendid afternoon of ballroom dancing to music compiled by D.J., Dan Foley and John Aalto.

Every Wed: 1:00 – 3:30 pm
Live Oak Room, Laf Comm Ctr
$2 • Light Refreshments Served

▶ *Lafayette Senior Recreation Center presents:* MONTHLY BIRTHDAY LUNCH

Calling anyone 55+. Every month someone has a birthday, so come celebrate. We serve a catered lunch, complete with birthday cake and special reserved seating for the birthday honorees. The menu is different each month and there's live entertainment or a great speaker. Reservations: call Esther Sprunger at 283-3704 one week prior.

2nd Thurs. Monthly • Noon • $5
Lafayette United Methodist Church (Non-affiliated)

▶ ANNUAL CHRISTMAS PARY

Dec. 11 • 11:30 am
Aladdin's Restaurant
3524 Mt. Diablo Blvd., Lafayette
Reservations: 925-254-3271

WALKS & HIKES

9/27: Lafayette Moraga Trail • Easy 4 mile Walk
From Lafayette Community Center to Moraga Commons and back.
Leader: Alison Hill, *Parks, Trails & Rec. Commissioner*
Meet in North parking lot at Lafayette Comm. Center at 8:30 am

10/25: Lafayette Reservoir Rim Trail • Moderate
6 miles/some steep hills. Moraga Road to the Reservoir Rim Trail.
Leader: Judy Nelson, *Parks, Trails & Rec. Commissioner*
Meet at Lafayette BART's north entrance at 8:30 am

11/8: Wally Costa Trail • Moderate *some street/some trail*
From Mt. Diablo Blvd. near the Reservoir to Happy Valley School.
Leader: Jeff Peacock, *Parks, Trails & Rec. Commissioner*
Meet at Lafayette BART's north entrance at 8:30 am

Lafayette Senior Services Center Workshops

ANNE RANDOLPH WORKSHOPS

Anne Randolph, RPT, *has been practicing physical therapy since 1977. The majority of her work has been in the skilled nursing setting and in assisted living centers. Through her work she has noted that early intervention can provide understanding and control over very major medical problems resulting in increased independence and enjoyment of life.*

The Art of Balance

Improve your balance and stop worrying about falling. Losing your balance is usually simply due to poor muscle strength, especially in your ankles.

Friday, Sept. 26 • 10:00 am – Noon
Alder/Elderberry Room, Laf Comm Ctr

Pain Management

Did you know there are more ways to control pain besides medication? Learn the purpose of pain, the causes of chronic pain and more.

Friday, Oct. 24 • 10:00 am – Noon
Elderberry Room, Laf Comm Ctr

Opposing Osteoporosis

Learn to maintain or possibly increase your bone mass. What are the risk factors; what are some treatments? Get tips on how to take control and keep your bones in the best shape possible.

Friday, Jan. 23 • 10:00 am – Noon
Elderberry Room, Laf Comm Ctr

All Anne Randolph's Workshops are FREE.
Reservations are a Must.
Please call Yvonne at 284-5050.

55-ALIVE Defensive Driving

This mature driving class helps you refine existing skills, develop safe, defensive driving techniques and may help lower your insurance premium. Includes tips on accident prevention and how to avoid stress while driving.

Call 284-5050 for the next available date.
Elderberry Room, Laf. Comm. Ctr.

$10.00 per person *(check payable to AARP)*
Before mailing check for this workshop, please call Yvonne at 284-5050 to determine vacancy.

Mail to: Yvonne Ozorio, Lafayette Community Center, 500 St. Mary's Rd., Lafayette, Ca 94549

Important: Class is limited to 25 **PAID reservations, on a first-come, first-served basis.**

Health

FLU SHOTS

Given by Contra Costa County Communicable Disease Control

Wed, Oct. 29 • 2:00 –3:30 pm
Manzanita Room, Laf. Comm. Ctr.

Suggested Donation: $5.00 No one will be turned away if this donation cannot be met.

HICAPS Long Term Care Insurance & Health Insurance *(HMO's, Medicare, Kaiser, etc.)*

To accommodate all persons seeking assistance in either of the above areas, HICAP counselors presently volunteering at the Lafayette Senior Center are now offering their fully qualified service in both areas on their regular days.

FIRST WED. MONTHLY
9/3, 10/1, 11/5, 12/3
***Appointments:* 10:00 or 11:00 am**

THIRD TUES. MONTHLY
9/16, 10/21, 11/18, 12/16
***Appointments:* 10:00, 10:45 or 11:30**

CONTACT: Yvonne, 284-5050
Alder Room, Laf. Comm. Ctr.

The Senior Services Commission welcomes **Bob Wood** as the new coordinator for the **Seniors in the Schools Volunteer Program!** Bob was formerly a trustee of the Acalanes Union High School District as well as a founder and supporter of the Lafayette Arts & Science Foundation.

The Seniors in the Schools Program assigns volunteers to local schools for as little as once a week up to daily. Volunteers help children with their school work or help the teacher with prep work and grading.

To volunteer, please call the Lafayette Community Center at 925-284-2232.

Services

MEALS ON WHEELS

For anyone who is unable to shop or cook, receiving a hot nutritious meal each day may mean the difference between independence in one's own home or moving to a care facility.

Meals are delivered each day around noon by friendly volunteers five days a week. Frozen weekend meals may be ordered which will be delivered along with Friday's hot meal.

Cost of meals vary based on income. Funds are sometimes available for severely limited budgets through the "Adopt a Client" program contributed to by donors.

Restricted diets are available.

SENIOR INFORMATION & REFERRAL:

925-335-8720 or 1-800-510-2020
Information on senior services in the central county area.

FREE LEGAL ASSISTANCE FOR THE ELDERLY

- **Landlord/Tenant Problems**
- **SSI Overpayment**
- **Medi-Cal Eligibility/Coverage**
- **Durable Powers of Attorney**
- **Rights of Nursing Home & Long-term Care Residents**

FIRST FRI. MONTHLY
9/5, 10/3, 11/7, 12/5
***Appointments:* 10:00 or 11:00 am**
APPOINTMENTS: 925-284-5050
Alder Room, Laf. Comm. Ctr.

TRANSPORTATION WORKSHOP

Terry Huie, ADA Specialist with County Connection, will cover the following topics:

- Free FARE on buses
- ADA application (for riding the LINK)
- Regional Transit Connection Discount Card
- Learning to ride the bus when you don't know where you want to go or how to get there.

Thurs: Oct. 9 • 10:00 am – Noon • Alder Room, Laf. Comm. Ctr.
To register, call 925-284-5050

▶ LAFAYETTE SENIOR RECREATION CTR • Dottie Baker: 925-254-3271

United Methodist Church, 955 Moraga Rd. (non-affiliated)

Open 2nd and 4th Thursday from 10:00 am – 3:00 pm, the Center offers monthly programs, a variety of trips and year-round events for anyone age 55+. Activities include a full catered birthday lunch on the 2nd Thursday ($5), a light catered lunch on the 4th Thursday of each month with Bridge and Bingo ($1). Annual membership dues are $6 and entitle you to a monthly newsletter that showcases upcoming programs & excursions.

▶ LAFAYETTE SENIOR SERVICES CENTER

500 St. Mary's Rd., Alder Room • Yvonne Ozorio: 925-284-5050

The Lafayette Senior Services Center offers a superb atmosphere for seminars and workshops, health and legal counseling, bridge games, movies and a variety of classes. Ample parking and County Connection bus service is available. The Center is managed by Yvonne Ozorio who welcomes visitors with a cup of coffee, tea or chocolate, and describes the variety of programs and services offered by the Center. Regular office hours vary depending upon the events of the day. It's best to call before dropping by. The best time to reach Yvonne is Monday – Friday, 9:00 am – 1:00 pm.

Lafayette Senior Services Center
500 St. Mary's Rd.
Lafayette, CA 94549

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